

TRACKING ...

IN FOCUS



Fort Jackson to remember retired Master Sgt. John Baker, Medal of Honor recipient, in memorial service 1 p.m., Friday, at the Post Theater. Baker, 66, died Jan. 20.

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The Fort Jackson *Leader*



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Attention, NCOs



Photo by JAMES ARROWOOD, command photographer

Sgt. Maj. of the Army Raymond Chandler, left, congratulates the 3rd Battalion, 34th Infantry Regiment's drill sergeants of the cycle during Basic Combat Training graduation Jan. 19 at Hilton Field. Chandler and his wife, Jeanne, visited Fort Jackson last week. He serves as the chief of staff of the Army's personal adviser on enlisted-related matters.

SMA visit focuses on Army transition

By SUSANNE KAPPLER
Fort Jackson Leader

Sgt. Maj. of the Army Raymond Chandler visited Fort Jackson last week to talk about training issues and to brief Soldiers and noncommissioned officers about upcoming changes and challenges.

"This Army is in transition. We're going to have a smaller Army. And we're going to have fewer Soldiers than we have today," Chandler said during the Basic Combat Training graduation ceremony Jan. 19 of

3rd Battalion, 34th Infantry Regiment. "But these young men and women are still going to be asked to do the hard work of our nation each and every day. And there's a place for them as long as they want to serve."

The Army is expected to cut about 50,000 Soldiers throughout the next few years on the heels of ending the war in Iraq and the ongoing drawdown in Afghanistan. In an interview, Chandler said the Army's transition may also lead to changes in Basic Combat Training.

"Obviously, fewer people will be coming

in the Army, so there'll be (fewer) Soldiers in training all the time," he said. "But I see this as an opportunity to look at a couple of things and see where we may want to make some adjustments in the Basic Combat Training program of instruction. That's part of the reason why I've asked to speak with the sergeants major (here)."

Chandler — who was accompanied by his wife, Jeanne, on the visit — also expressed his gratitude toward drill sergeants and

See **CHANDLER:** Page 8

Community tours foster partnerships

In a few weeks, we will kick off our “Come See Your Army Tours” for 2012. I am a big advocate of educating the public about what the Army does at Fort Jackson. Every Army career is a great story, and the initial chapter often begins right here with those who attend Basic Combat Training. In a few weeks, we will showcase BCT to the public as we host the first of our “Come See Your Army Tours” for 2012. The Come See Your Army Tour is geared toward our friends and neighbors in our nearby communities.

Visitors experience some of the hospitality that we serve up all year round and are able to view first-hand what we actually do in the training of new Soldiers. The six-hour “Come See Your Army Tour” shows some of the highlights of day-to-day operations of BCT. Visitors attend a BCT graduation, watch Soldiers train, learn to shoot on a weapons simulator and eat in a dining facility.

The visitors also receive a briefing from a command group leader, who gives them an overview of Fort Jackson and the variety of activities that occur here on a daily basis.

At the end of the tour, visitors leave with an appreciation of the Army, its men and women. Relatives of those participating in BCT leave with an idea of the training

**MAJ. GEN.
JAMES M. MILANO**

*Fort Jackson
Commanding
General*



their Soldiers undergo as well as an image as to how and where they live. Veterans leave with a new understanding of the changed training methodology, equipment and the role that technology plays. Everyone leaves with a sense of pride.

This Come See Your Army Tour is also a way of showing our communities that we appreciate their support. We are proud of what we do, and we want our neighbors to share in that pride. They have supported us throughout the years, and we have supported them. It's truly a great relationship that is nearly 100 years old and still going strong.

The tours tend to attract a mix of people, including veterans who may have been through Fort Jackson in

the past, young men and women considering the Army as a career choice, and curious citizens who just want to learn a little more about one of the largest employers in the greater Columbia area. These tours are especially beneficial for visitors who have never been on an Army post prior to this experience. They get an up-close look of the process that transforms civilians into Soldiers.

The tour initiative falls in line with the goals of the Army Community Covenant, which is designed to foster state and community partnerships with the Army and improve the quality of life for Soldiers and Families.

What makes these tours so great is the connection that so many visitors establish with our Soldiers. It's amazing how a little bit of time and willingness to answer a few questions can go such a long way in building the trust and goodwill that are vital in maintaining support for our Soldiers. When you build connections, you build community. And that's perhaps the most important benefit of all.

For 2012, there are four of these tours planned. The initial tour for 2012 is Feb. 16. The tour begins at 8:45 a.m. and reservations are required by Feb. 13. I invite you to share the information with friends and neighbors.

For reservations, call (803) 751-1474.

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The Fort Jackson **Leader**

Fort Jackson, South Carolina 29207

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BCT Soldiers turn out to be battle buddies in time of need

Anyone who has ever conducted a Victory Block Leave training cycle understands its benefits and challenges.

The benefit that every participating member receives is the ability to spend quality time with their loved ones during the holiday season. The challenge centers around providing an invaluable training experience, while attempting to instill our Army Values into this group of new trainees prior to their departure.

Our battalion's priorities were very clear as we knew what challenges this VBL cycle entailed. We were charged with:

- Physical readiness training: Conducted to standard, fully resourced and supported by leaders;
- Army Values: Explained, displayed and emulated by all;
- Customs and courtesies: Wear of the uniform, appearance, and military bearing;
- Discipline: Army and River Raider standards, firm, fair and respectful demeanor.

Our cadre had 2 1/2 weeks with which to build a solid foundation for these warriors, while simultaneously completing training objectives laid out in the basic training program of instruction.

Seeing this short time period as an opportunity and not a challenge, we hit high adventure training, which included Victory Tower, the gas chamber, Fit to Win and the Team Development Course. These all proved to be exciting events that provided Soldiers with a taste of what their unique BCT experience would be like prior to departing on leave.

We received our current cycle Nov. 26 and moved out with the priorities.

Sadly, while on leave, our cadre received news that one of our very own lost his brother in Afghanistan. Pvt. Keith Kern, from McAllen, Texas, received the news

COMMENTARY

By CAPT. TRAVIS S. DRAYTON
*Commander, Company D,
3rd Battalion, 60th Infantry Regiment*

Dec. 27 after only being home for nine days during VBL. His younger brother, Spc. Kurt W. Kern, was killed in action Dec. 27 in Pakiya Province, Afghanistan along with two other Soldiers when they were attacked with an Improvised Explosive Device.

As Pvt. Kern and his family mourned the loss of their loved one, they also celebrated his life. Despite having to deal with this tragedy, Kern has turned this event into his newfound motivation and inspiration to continue basic training along with his peers.

At the conclusion of block leave, we were able to provide this news to the rest of the company as the Soldiers would not be seeing Kern at training for a period of time.

His battle buddies shared mixed emotions about the event and in an effort to help them cope, we had our battalion chaplain speak with Kern's company and platoon in order to provide them some form of support and understanding of what they were feeling.

Acting on their own accord, his battle buddies within the company and platoon were determined to help Kern in some way.

As a result, these new Soldiers with only three weeks of training under their belt from Delta Company, 3rd Battalion, 60th Infantry Regiment pulled together and provided Kern with \$650 to offset his expenses as a result of his multiple changes to his return from block leave

Chaplain assembles 'call to purity'

By JULIA SIMPKINS

U.S. Army Chaplain Center and School

Last year a group from ChapelNext, a contemporary Protestant congregation met at Bayonet Chapel to figure out how to improve spiritual resiliency at Fort Jackson.

The group agreed that some of the challenges and pressures some Soldiers and their families face are in the form of easily accessible pornography and lack of spiritual understanding. The group attributed those factors to a rise in sexual addiction among troops. This, they said they believe is in part a spiritual issue.

"As we thought about it, we wondered how we could serve the Fort Jackson community," said Chaplain (Maj.) David Bowlus, the lead pastor for ChapelNext and an instructor for the chaplain basic course.

Bowlus and ChapelNext leaders agreed to host a "Call to Purity" conference, which offered Soldiers Bible-based leadership and counseling that will provide principles for dealing with this problem. Professionals from the Army Community Services, students from the Soldier Support Institute, military spouses and a drill sergeant were among the attendees.

Spiritual purity, as defined by Bowlus, is, "living God's best with a life clear of sexual habits that result in pain, deterioration and separation in the person's soul and their relationships."

A recent article in the *Army Times* said Soldiers "are using cell phones and other digital media to swap sexually explicit images and messages as they conduct relationships ... " The article went on to describe a rise in illicit sexual activity among services members, partly as a result of smart phone technology.

"Half of the Internet use is for pornography and it is growing. The rise of porn tends to denigrate our regard for the sanctity of the individual," said Chaplain (Col.) David Colwell, commandant of the U.S. Army Chaplain Center and School. "As access to these images grows, so does our exposure, whether we want it or not. Our thoughts and the thinking of others directly affect the community."

The first of its kind at Fort Jackson, the training had more than 70 participants, which Bowlus considered a sign that the training met a need in the community.

"I really enjoyed the class. It was a great time of fellowship and learning," said Staff Sgt. Robert Brickner, operations noncommissioned officer, Company D, 187th Ordnance Battalion.

"There has been more follow-up after this training on this issue than I've ever seen," he said.

It was so significant, that Bowlus applied for and received a chief of chaplains grant through the chaplain school to host more of these events.

Bowlus said the conference focused on using principles from scriptures and showing Soldiers how to practically apply them to their daily lives.

"It is possible to live a life of sexual purity. In our society, many people have given up on the idea of victory in this area. We want the military to know, first that sexual addiction in all its forms affects you more than you know, and second, that through God's strength, purity can be a reality in your life," Bowlus said. "The consequences of sexual addiction are catastrophic. It destroys families and is one of the biggest detractors to spiritual resiliency."

Bowlus' team from Chapel Next will host another Call to Purity training March 23-24.

"This training is open to all who would like to learn about and begin to experience the reality of purity in every aspect of life. It's worth it. A clear conscience makes a soft pillow," Bowlus said.

To sign up, or for more information email them at chapelnex.fjsc@gmail.com.

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If you receive a suspicious letter or package:

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- Don't open, smell, or taste.
- Activate your emergency plan. Notify a supervisor.



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Army employees must refrain from any private business, professional activity or from having direct or indirect financial interest which would place them in a position where there is a conflict between their private interests and the public interests of the United States government, particularly those related to their duties and responsibilities as Army personnel. Even though a technical conflict may not exist, employees must avoid even the appearance of such a conflict from a public confidence point of view.

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Housing Happenings

COMMUNITY UPDATES

❑ The Housing Services Office will host a new construction workshop from 11 a.m. to 1 p.m., Feb. 8, at the Post Conference Room. Professionals will share important aspects of new home construction and home buying tips. The event is open to all ID card holders. Lunch will be provided. To register, call 751-9323/5788 by Feb. 6.

❑ Energy conservation tip: Leaving video game systems on pause for long periods of time can increase your energy bill significantly. For the most energy efficient use, plug the gaming system into a power strip and turn off the strip after each use.

❑ Residents who notice vehicles in the housing area that appear to be abandoned should call Military Police at 751-3115.

❑ Balfour Beatty Communities is seeking nominations for children who distinguish themselves through good deeds or exceptional behavior. Nominees will be featured on the Fort Jackson Family Housing Facebook page and will receive a surprise. Forward your nomination to ayoungblood@bbcgrp.com or call 738-8275.

❑ The mayoral council is looking for volunteers to serve as mayors in the housing community. Child care is provided while performing mayoral duties. Interested residents should call Vickie Grier at 751-7567.

❑ Residents should return trash bins to their designated storage area after pick-up to keep the neighborhood looking its best and to avoid discrepancy notices.

❑ Rental payments not received by the fifth of the month incur a \$25 administrative charge. An additional \$25 fee is charged for returned checks. This does not apply to residents who pay rent via allotment.

❑ Refer someone to move on post to receive \$200.

❑ Pets are not allowed to be tied to a rope or chain and left unattended outside. While outdoors, pets should be on a leash or within the confines of a fence. For more information on the pet policy, call 738-8275.

❑ Learn more about the different housing offices by visiting www.jackson.army.mil/sites/info/pages/389.

CONSTRUCTION UPDATES

❑ To date, 597 homes have been completed.

❑ Only 13 homes in the junior noncommissioned officer housing area remain to complete the 610 new homes planned for the area.

❑ Parker Lane is now open to traffic entering or exiting from Imboden Street and Chesnut Road.

AER adds four categories to assist Soldiers, families

Army Emergency Relief recently approved four new categories of assistance. These categories include funds to cover family member dental-care needs, basic furniture needs, rental vehicles and replacement vehicles.

FINANCIAL ADVICE

*From
Army Community Services
Financial Readiness*

Dental care is only available for families receiving services off post. Although a family member could be covered by insurance up to a certain point, many procedures require out-of-pocket advance payments. This could put a significant financial burden on Soldiers. AER can assist with expenses related to fillings, crowns, root canals, extractions, sealants and emergency care to alleviate pain. Assistance will be limited to a maximum of \$4,000 per case.

Basic furniture needs include beds, cribs, sofas, chairs and tables. The intent is to assist those Soldiers and families establishing a household when the quarters have no furniture and/or to assist Soldiers who lost their furniture as a result of a natural disaster. Assistance will be limited to no more than \$4,000.

Assistance for a rental vehicle is in-

tended to help those Soldiers on emergency leave, or waiting for the repair of a primary vehicle. The rental period would normally be seven to 10 days.

Assistance for a replacement vehicle is intended to help Soldiers when the cost to repair their current vehicles is greater than the vehicles' values. Assistance will be limited to \$4,000.

In many cases, providing assistance as a preventative measure will help Soldiers and families avoid costly expenses later.

In the past two years, AER has implemented nine new assistance categories in an effort to be more responsive to the changing needs of today's Soldiers.

Army Emergency Relief is a private non-profit organization dedicated to providing financial assistance to Soldiers, active and retired, and their families. Since its incorporation in 1942, AER has provided more than \$1.3 billion to more than 3.3 million Soldiers, families and retirees.

For additional information on the AER program, call 751-5256.



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ARMY EMERGENCY RELIEF

'Battle buddy' more than cliché

Continued from Page 2



LANE

transportation plans.

This simple act of love and devotion is surely proof that the new warriors fully understood and demonstrated our core values of loyalty, respect, honor and, most importantly, selfless service.

Words cannot express the emotions the cadre members felt when it was brought to their attention what had been done.

No award or reward should be expected for the drill sergeants who trained these Soldiers or the Soldiers

who initiated and or gave to this selfless cause, because this act shows that what they were taught, what they received and eventually how they reacted are the expected standard within our profession of arms.

When I mention the term, battle buddy, some may say that it's a simple cliché, but our warriors are proving that they live, think and fight by this and are truly ready to enter our ranks.



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Watch Fort Jackson video news stories
and Victory Updates
at <http://www.vimeo.com/user3022628>*



Post celebrates Martin Luther King Jr.



Students with Dent Middle School's Blue Diamond Steel Drum Band perform during the Martin Luther King Jr. celebration Friday at the Solomon Center.



Photos by JAMES ARROWOOD, command photographer

Above, Pamela Wilson, president of Allen University, studies essays and art work on Martin Luther King Jr. by students of C.C. Pinckney Elementary School. Right, Wilson, the first woman to lead Allen University, addresses the crowd as the guest speaker of Friday's Martin Luther King Jr. celebration. The event, hosted by the 193rd Infantry Brigade, also featured a catered lunch and a photo presentation about King's life and work in the civil rights movement.





Photos by JAMES ARROWOOD, command photographer

Sgt. Maj. of the Army Raymond Chandler listens to a question from a Soldier during a town hall meeting Friday at the Post Theater. During the two-hour event, Chandler presented his expectations of noncommissioned officers and fielded questions from the audience.

Chandler calls on NCOs to exhibit professionalism

Continued from Page 1

members of the training cadre.

“First of all, I want to tell them, ‘Thank you for what you do.’ Because they do something that a lot of people don’t want to do,” Chandler said. “The perception that coming here to TRADOC means you’re going to take a knee and take a break is absolutely not true. And they’re making citizens into Soldiers; and they’re really shaping our Army.”

During a town hall meeting Friday at the Post Theater, Chandler addressed the issue of shortages among drill sergeants in response to a question from a Soldier about the possibility of involuntary extensions.

“We have a challenge. I am going to personally engage myself in this challenge, because we have too many people who show up at Drill Sergeant School that don’t meet height and weight standards, can’t pass the PT test or, heaven forbid, just choose to not show up,” Chandler said. “From my perspective, the thing that I need to do as the sergeant major of the Army is to make sure everybody understands how important this is and then hold those who don’t show up and their leaders accountable.”

Chandler said he would be back at Fort Jackson to follow through.

“During the month of March there are three enrollments here for the Drill Sergeant School. And I and every single post, camp or station sergeant major that has a student enrolling in the Drill Sergeant School will be here to observe the (candidates’) height and weight and (Army Physical Fitness Test). And then, those sergeants major and I are going to have a discussion. ... That’s holding people accountable. That’s trying to do what you’re supposed to do, being (a) professional.”

Likewise, Chandler asked the crowd — consisting mainly of NCOs — to be consummate professionals.

“We are an Army that says we’re professionals, and we’re measured by what we do. So, if you are a professional, I measure you by what you do,” he said. “And that means that you’re a person of character, commitment and competence.”

Chandler said that one way of cutting the force will be by asking Soldiers to leave who are not adhering to Army standards. He called on the NCOs to set and enforce those



Chandler and his wife, Jeanne, address the crowd during Friday’s town hall meeting.

See **SMA:** Page 9

SMA visits Fort Jackson

Continued from Page 8

standards.

“Each and every one of you NCOs knows there are Soldiers in your formation right now who are not meeting the standard,” he said. “What are you going to do about it? Are you counseling them? Are you telling them what right looks like? If you’re not, you’re the problem.”

Chandler said that Soldiers who exhibit character, commitment and competence will continue to have a place in the Army.

During the graduation ceremony, Chandler called Spc. Erica-Monique Jackson, one of the graduates that day, an example of that commitment. Jackson lost more than 260 pounds in four years to be eligible to enlist.

Jackson, who will continue her training to become a health care specialist at Fort Sam Houston, Texas, said she was flabbergasted to be mentioned by name by the top enlisted Soldier in the Army. She explained that her brother inspired her to lose that much weight.

“My brother served before me. I remember just feeling so proud of him and knowing that I sleep at night and I’m safe because he’s out there protecting me,” Jackson said. “After a while I said, ‘What’s getting in my way; what’s stopping me from going after my dream?’”

Chandler said that stories like Jackson’s can serve as an inspiration to all Soldiers.

“Every single person in this formation has a story similar to that where they were able to do something that most people would have thought not possible and found it within themselves with the help of their cadre and drill sergeants to be better. I think that’s what we

want for our society, not just our Army,” he said.

Staff Sgt. John Trotter, 193rd Infantry Brigade, served as one of Chandler’s drivers during the visit and was in attendance at the town hall meeting. Trotter said he liked that Chandler was “straight forward and to the point.”

Like Trotter, Staff Sgt. Julian Zamarrripa, who works in the Army Training Center operations office, said he appreciates hearing about the Army’s transition first-hand from Chandler.

“It’s good to have (high-profile visitors) come and say, ‘Look, this is the standard and this is what it should be’ and refresh everybody’s memory,” Zamarrripa said.

Chandler’s visit to Fort Jackson also included stops at the Drill Sergeant School, the Master Resilience Training School and the Soldier Support Institute. Chandler’s wife, Jeanne, met with family readiness group leaders, school children and toured family programming facilities on post. She said it was important to her to visit installations alongside her husband.

“I think that spouses talk differently. When I go and talk to spouses, I say, ‘How is it going?’” she said. “Because what we do at the end of these trips is go back, do a trip report that goes to the chief of staff of the Army and the secretary of the Army. And when Ray testifies before Congress, he talks about the things that he sees. He can’t be everywhere. By my going to see spouses and family programming, we get a big picture of an installation.”

Susanne.Kappler1@us.army.mil



Sgt. Maj. of the Army Raymond Chandler, left, talks with Spc. Erica-Monique Jackson after Jackson graduated Basic Combat Training Jan. 19. Jackson lost more than 260 pounds before enlisting and was mentioned by Chandler as an example of commitment.



Above, Chandler addresses students of the U.S. Army Recruiting School during his visit to the Soldier Support Institute Friday. Other stops on his three-day trip included the Drill Sergeant School and the Master Resilience Training School. Left, Chandler and his wife, Jeanne, eat lunch with drill sergeants and their spouses at the 2nd Battalion, 39th Infantry Regiment dining facility Jan. 19.

*Photos by
JAMES ARROWOOD,
command photographer*



U.S. Army photo

Spc. Gerald Schumacher of 2nd Battalion, 35th Infantry Regiment, 3rd Brigade Combat Team, 25th Infantry Division, climbs a mountain Jan. 11 in Watapur district, Kunar province, Afghanistan. The Army’s Comprehensive Soldier Fitness program helps prepare Soldiers like Schumacher for the physical and emotional rigors of combat.

Study: MRT course a success

By DAVID VERGUN
Army News Service

FORT MEADE, Md. — The Master Resilience Training aspect of Comprehensive Soldier Fitness is working well. That’s the conclusion of an Army report, released last month, covering a 15-month period of statistical evaluation.

Comprehensive Soldier Fitness, or CSF, was launched in 2009 to teach Soldiers how to be psychologically strong in the face of adversity, such as combat. The program, also available to family members and DA civilians, was designed at the University of Pennsylvania by behavioral specialists using proven research-based methodologies.

Within CSF, all Soldiers, active and reserve component, are required annually to take the Global Assessment Tool, an online questionnaire which measures a Soldier’s psychological health. The GAT scores give Soldiers an indicator of where they are strong and where they can improve. Those needing improvement could take Comprehensive Resilience Modules, which are

online help tutorials, or seek professional counseling.

GAT scores are confidential but the results are aggregated for statistical purposes, such as for use in the recently released Longitudinal Analysis of the Impact of Master Resilience Training, or MRT, on Self-Reported Resilience and Psychological Health Data.

MRT is the second aspect of CSF. Master resilience trainers are Soldiers and Department of the Army Civilians who are graduates of the 10 day MRT-C course taught at University of Pennsylvania, Fort Jackson’s Victory University, or by the Mobile Training Team. They teach leaders to instill resilience in subordinates — meaning they help fellow Soldiers learn to bounce back from adversity.

The study evaluated GAT scores of eight randomly selected brigade combat teams, known as BCTs. Four received MRT and four did not. Over the 15-month period, scores of the four BCTs receiving the training were significantly higher than the others, irrespective of other variables, such as

unit leadership and cohesion.

“This report represents a significant milestone with respect to the Comprehensive Soldier Fitness program and the Army’s broader efforts to develop a more resilient and capable force,” wrote Army Vice Chief of Staff Gen. Peter W. Chiarelli, in the report’s forward. “It is my hope that this report will spark fruitful discussions; leading to new and improved ways, we may help our Soldiers, Army civilians and family members to improve their overall psychological health.”

The study has demonstrated that the program is successful, concluded Brig. Gen. Jim Pasquarette, the CSF program director.

“I believe this is something we’re going to have forever, similar to physical training,” Pasquarette said. “I think in the future, even under this budget, we’re going to fund it. We believe this will save us money through prevention (because) it helps our Soldiers, family members and Department of the Army civilians deal with adversity in their life and more importantly — thrive in their lives.”

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News and Notes

PRAYER BREAKFAST SCHEDULED
Chaplain (Col.) Charles Howell, command chaplain of Installation Management Command, will be the guest speaker at the Fort Jackson observance of the National Prayer Breakfast, 7 to 8:30 a.m. Wednesday at the NCO Club. This year’s theme will be “Something Worth Fighting For,” with the key scripture verse of 2 Samuel 23:11-12.

RECLAMATION SALE SET
A military clothing reclamation sale is scheduled from 8 a.m. to 3 p.m., Wednesday and Thursday, at 2570 Warehouse Row. The sale is open to active and retired military personnel. The Army Service Uniform will be available. All sales are final, cash only. For more information, call 751-7213 or email Thomas.W.Jones1@us.army.mil.

TOWN HALL TO USE FACEBOOK
The next Fort Jackson town hall meeting is scheduled for 6 p.m., Feb. 7, at the Solomon Center. Community members can post questions to the garrison’s Facebook account. To post questions, log on to Facebook, look for “U.S. Army Garrison Fort Jackson, SC” and like the page.

AAFES TO SEND VALENTINES
Army and Air Forces Exchange Service shoppers are invited to participate in the “Valentines for Veterans” campaign, which sends greetings to local VA hospitals, Fisher House locations and military retirement facilities. Shoppers can fill out provided cards or drop off cards at the Exchange through Feb. 6. The drop off box is located at the front entrance of the store.

THREAT AWARENESS CLASSES SET
Training for the postwide Threat Awareness Reporting Program, formerly known as SAEDA, is scheduled for 10 a.m. today. The class will take place at the Post Theater.



Friday, Jan. 27 — 4 p.m. Up	PG
Friday, Jan. 27 — 7 p.m. Sherlock Holmes: A Game of Shadows	PG
Saturday, Jan. 28 — 4 p.m. Sherlock Holmes: A Game of Shadows	PG
Sunday, Jan. 29 — 4 p.m. Sherlock Holmes: A Game of Shadows	PG
Adults: \$4.50 Children (12 and younger): \$2.25	

ACS Calendar of Events — February

WEDNESDAY, FEB. 1

❑ **Post newcomer orientation/tour** — 9 to 11:30 a.m.; Post Conference Room; call 751-1962 for more information

THURSDAY, FEB. 2

- ❑ **In-processing/re-entry brief** — 7:30 to 8:30 a.m.; Strom Thurmond Building, Room 222
- ❑ **Career exploration workshop** — 9 to 11:30 a.m.; Education Center, Room B110
- ❑ **English as a second language class** — 12:30 to 3 p.m.; Strom Thurmond Building, Room 222

MONDAY, FEB. 6

❑ **English as a second language class** — 9 to 11:30 a.m.; Strom Thurmond Building, Room 222

TUESDAY, FEB. 7

- ❑ **In-processing/re-entry brief** — 7:30 to 8:30 a.m.; Strom Thurmond Building, Room 222
- ❑ **AFTB Army 101 course** — 8:30 a.m. to 3 p.m.; Family Readiness Center
- ❑ **Relocation planning (stateside workshop)** — 10 to 11 a.m.; Strom Thurmond Building, Room 213
- ❑ **English as a second language class** — 5 to 7 p.m.; Main Post Library
- ❑ **Parenting class: Systematic training for effective parenting** — 5 to 7 p.m.; Youth Services Center; nine sessions of evidence-based training for parents with children of all ages; certificate of completion provided

WEDNESDAY, FEB. 8

- ❑ **Job searching strategies** — 8:30 a.m. to noon; Strom Thurmond Building, Room 222
- ❑ **AFTB Army 101 course** — 8:30 a.m. to 3 p.m.; Family Readiness Center
- ❑ **Phase II Levy overseas move brief** — 2:30 to 3:30 p.m.; Strom Thurmond Building; Room 213

THURSDAY, FEB. 9

- ❑ **In-processing/re-entry brief** — 7:30 to 8:30 a.m.; Strom Thurmond Building, Room 222
- ❑ **Instructor-led computer training — introduction to MS Office 2010** — 9 a.m. to noon; location to be announced
- ❑ **Stress management** — 11 a.m. to noon; 5614 Hood St., Room 10
- ❑ **English as a second language class** — 12:30 to 3 p.m.; Strom Thurmond Building, Room 222
- ❑ **Teen workshop: How to get a summer job on Fort Jackson** — 5 to 7 p.m.; location to be announced

SATURDAY, FEB. 11

❑ **EFMP outing: Jamil Shrine Circus** — 10 a.m.; Jamil Shrine Temple; 206 Jamil Road; must be enrolled in EFMP; RSVP required

MONDAY, FEB. 13

❑ **English as a second language class** — 9 to 11:30

a.m.; Strom Thurmond Building, Room 222

TUESDAY, FEB. 14

- ❑ **In-processing/re-entry brief** — 7:30 to 8:30 a.m.; Strom Thurmond Building, Room 222
- ❑ **FRG resource course** — 8:30 to 11 a.m.; Family Readiness Center
- ❑ **Steps to federal employment workshop** — 9 a.m. to noon; Strom Thurmond Building, Room 222
- ❑ **English as a second language class** — 5 to 7 p.m.; Main Post Library
- ❑ **Parenting class: Systematic training for effective parenting** — 5 to 7 p.m.; Youth Services Center; nine sessions of evidence-based training for parents with children of all ages; certificate of completion provided

WEDNESDAY, FEB. 15

- ❑ **Resume writing/interviewing skills workshop** — 8:30 a.m. to noon; Strom Thurmond Building, Room 222
- ❑ **Personal financial readiness for first-term Soldiers** — 8:30 a.m. to 4:30 p.m.; Education Center, Room 206B. Call 751-5256 to register.
- ❑ **Child abuse/safety course** — noon to 2 p.m.; Main Post Chapel; required for all people working with or around children or youth
- ❑ **EFMP outing: Special needs family night at the Plex** — 6 to 8 p.m.; Plex Indoor Sports at the Village at Sandhill

THURSDAY, FEB. 16

- ❑ **In-processing/re-entry brief** — 7:30 to 8:30 a.m.; Strom Thurmond Building, Room 222
- ❑ **Financial planning for initial PCS and relocation readiness** — 9 to 10:30 a.m.; Education Center, Room 206B. Call 751-5256 to RSVP.
- ❑ **Anger management** — 11 a.m. to noon; 5614 Hood St., Room 10; learn tips on managing anger by controlling thoughts, feelings and behaviors
- ❑ **English as a second language class** — 12:30 to 3 p.m.; Strom Thurmond Building, Room 222
- ❑ **Total Army sponsorship training** — 1:30 to 2:30 p.m.; Strom Thurmond Building, Room 213

FRIDAY, FEB. 17

- ❑ **EFMP social hour** — 5 to 6:30 p.m.; Main Post Chapel, activity room; bring your favorite dish to share
- ❑ **Foreign-born spouses/Hearts Apart Valentine’s Day social** — 6 p.m.; location to be announced

TUESDAY, FEB. 21

- ❑ **In-processing/re-entry brief** — 7:30 to 8:30 a.m.; Strom Thurmond Building, Room 222
- ❑ **FRG leadership course** — 8:30 to 10:30 a.m.; Family Readiness Center
- ❑ **Scholarships for military family members** — 9 to 10 a.m.; Strom Thurmond Building, Room 222
- ❑ **Military Saves event: Retirement ready — little steps with big payoffs** — 9 to 10:15 a.m.; 81st RSC

auditorium; call 751-5256 to RSVP

- ❑ **FRG treasurer/fund control/fundraising** — 11 a.m. to 1 p.m.; Family Readiness Center
- ❑ **Military Saves event: Investing in the stock market** — 11:30 a.m. to 12:45 p.m.; 81st RSC auditorium; call 751-5256 to RSVP
- ❑ **EFMP bowling** — 3:30 to 5 p.m.; Century Lanes; must be enrolled in EFMP; RSVP required
- ❑ **English as a second language class** — 5 to 7 p.m.; Main Post Library

WEDNESDAY, FEB. 22

- ❑ **Job searching strategies** — 8:30 a.m. to noon; Strom Thurmond Building, Room 222
- ❑ **Parenting class: Systematic training for effective parenting** — 5 to 7 p.m.; Youth Services Center; nine sessions of evidence-based training for parents with children of all ages; certificate of completion provided

THURSDAY, FEB. 23

- ❑ **In-processing/re-entry brief** — 7:30 to 8:30 a.m.; Strom Thurmond Building, Room 222
- ❑ **Parenting class for parents of teens** — 11 a.m. to noon; 5614 Hood St., Room 10. Learn how to communicate, resolve conflicts and build parent-teen relationships.
- ❑ **English as a second language class** — 12:30 to 3 p.m.; Strom Thurmond Building, Room 222

MONDAY, FEB. 27

❑ **English as a second language class** — 9 to 11:30 a.m.; Strom Thurmond Building, Room 222

TUESDAY, FEB. 28

- ❑ **In-processing/re-entry brief** — 7:30 to 8:30 a.m.; Strom Thurmond Building, Room 222
- ❑ **FRG forum** — 9 a.m. to noon; Family Readiness Center
- ❑ **How to make a job fair work for you** — 9 to 11 a.m.; Strom Thurmond Building, Room 222
- ❑ **How to make a job fair work for you** — 1 to 3 p.m.; Strom Thurmond Building, Room 222
- ❑ **Parenting class: Systematic training for effective parenting** — 5 to 7 p.m.; Youth Services Center; nine sessions of evidence-based training for parents with children of all ages; certificate of completion provided
- ❑ **English as a second language class** — 5 to 7 p.m.; Main Post Library
- ❑ **FRG key caller/sponsor a spouse and welcomes** — 5:30 to 8 p.m.; Family Readiness Center

WEDNESDAY, FEB. 29

- ❑ **Phase II Levy overseas move brief** — 2:30 to 3:30 p.m.; Strom Thurmond Building; Room 213
- ❑ **AFTB personal skills course** — 8:30 a.m. to 3:30 p.m.; Family Readiness Center

All ACS classes require registration and are subject to change. To register, call 751-5256/4862/6325.



Follow the Leader on Twitter at www.twitter.com/fortjacksonpao. Like us on Facebook. Log on to your account and search for “Fort Jackson Leader.”



Calendar

Tuesday
New Year, New You — Volunteer
9 a.m. to 2 p.m., Family Readiness Center
For more information, call 751-6315.

Retirement Review
10 a.m., Post Headquarters

AUSA Palmetto State Chapter — general membership luncheon
11:30 a.m., Officers’ Club
The guest speaker will be Sloan Gibson, president of USO World. The cost is \$10. For reserved seating, call 751-7317 or email C3601@ausa.org.

Wednesday
National Prayer Breakfast
7 a.m., NCO Club
The guest speaker will be Chaplain (Col.) Charles Howell, IMCOM chaplain.

Tuesday, Feb. 7
Town hall meeting
6 p.m., Solomon Center

Thursday, Feb. 16 — Saturday, Feb. 18
Seafood road show
10 a.m. to 7 p.m., Commissary

Housing events

All events are held in the Community Center, 520 Brown Ave., unless otherwise specified. Call 738-8275 for information.

Ongoing
Recycling and win
Take your plastic grocery bags to the Community Center during January to have

them recycled. Residents will receive a raffle ticket to win a gift card for every 20 bags they drop off.

Announcements

GARDEN PLOTS
Garden plots in Victory Gardens and in family housing are up for renewal. Permits are valid for a 12-month period beginning Feb. 1. Garden plots are issued first to permanent party Soldiers, then to retired service members. Remaining plots are available to civilian employees. For more information, call Valerie Kinsley at 751-7126 or visit the Directorate of Public Works, Building 2562, Room 115.

CHAPEL NEXT 40 DAYS CAMPAIGN
The Fort Jackson Chapel Next congregation will participate in the “40 Days in the Word” campaign, a 40-day teaching series and corresponding small group curriculum. The campaign starts at 11 a.m., Sunday, at Bayonet Chapel.

SLOGAN SOUGHT
The Fort Jackson Environmental Management Branch is seeking ideas for a recycling slogan. Submissions are due March 1. Send your ideas to Lisa.A.Mcknight11.ctr@mail.mil. The winning slogan will be used for upcoming recycling events and items.

COMMUNITY TOUR SET
A “Come see your Army” tour is scheduled for Feb. 16. Participants will attend a Basic Combat Training graduation; observe Soldiers in training; get hands-on experience with a state-of-the-art weapons simulator system; and more. RSVP is required by Feb. 13. For more information

and to register, call 751-1474.

AA MEETINGS
Fort Jackson Alcoholics Anonymous has scheduled open meetings for 9 to 10 a.m., Wednesdays and Fridays, at 9810 Lee Road. For more information, call 751-6597.

UNIT PREVENTION LEADER CLASS
The next Army Substance Abuse Program Unit Prevention Leader class is scheduled from 8 a.m. to 4 p.m., March 26-30 at 9810 Lee Road. For more information, call 751-7949/5007.

BASIC SKILLS EDUCATION
The next Basic Skills Education Program course is scheduled to run Feb. 7 through March 2. Classes meet from 8 a.m. to 2 p.m., Tuesday through Thursday. The program provides Soldiers with remediation in reading, mathematics and test-taking skills. Soldiers may improve their basic skills by enrolling in the BSEP class and using online training resources. Applications are available at the Education Center, Room A100. For more information, call 751-5341

CIF CLOSURE
The Central Issue Facility will be closed through Friday for the fielding of new equipment. CIF will reopen for normal operations Monday.

FCC PROVIDERS NEEDED
Military spouses who are interested in becoming family child care providers may apply to become certified to provide child care to military families in their homes. FCC orientation training is scheduled from 8 a.m. to 4 p.m., Feb. 6-10 at the Joe E. Mann Center. Applications are being ac-

cepted through Friday. For more information, call 751-6234.

MG URSANO SCHOLARSHIP
The MG James Ursano Scholarship Program offers scholarships for dependent children of active, retired and deceased Soldiers. The scholarships are awarded based on financial need, academics and leadership/achievement. The deadline to apply is April 2. For more information, visit www.aerhq.org or call (866) 878-6378.

Visit the community calendar at www.jackson.army.mil for a full listing of calendar events.
Send your announcements to fjleader@gmail.com. Community announcements may be edited to comply with Leader style and Public Affairs regulations. For more information, call 751-7045.

For information about classified advertising, contact Camden Media Co. at 432-6157. Classified ads may also be faxed to 432-7609. For information about display advertising, contact Kathy at 786-5681.

Off-post events

The Fort Jackson Leader accepts only off-post announcements for those organizations or events that directly relate to service members and their families.

OCS ALUMNI REUNIONS
The Army Officer Candidate Schools Alumni Association, Inc. has scheduled reunions for graduates of Army officer candidate schools, regardless of location or branch, April 25 through 29 at Fort Benning, Ga. For more information, email Army@OCSAlumni.org or call (706) 221-8720.

Training honors



RICHARDSON

- 187TH ORDNANCE BATTALION HONORS**
- CADRE OF THE CYCLE**
Sgt. 1st Class Jordan Prones
- INSTRUCTOR OF THE CYCLE**
Staff Sgt. David Richardson
- DISTINGUISHED HONOR GRADUATES**
Pvt. Kiana Huff
Pvt. Juan Robles

Leader deadlines

Article submissions are due two weeks before publication.
For example, an article for the Feb. 9 Leader must be submitted by today.
Announcement submissions are due one week before publication.
For example, an announcement for the Feb. 9 Leader must be submitted by Feb. 2.
Send your submissions to FJLeader@gmail.com.
For more information, call 751-7045.





Photo by JAMES ARROWOOD, command photographer
John and Donnell Baker, pose with Maj. Gen. James Milano, Fort Jackson commanding general, center, and former Post Command Sgt. Maj. Brian Stall.



Courtesy photo
Medal of Honor recipient John Baker and his wife, Donnell, participate in a veterans motorcycle ride in December 2010.

Far right, Baker's official Army photo as a sergeant. Baker received the Medal of Honor for his heroic actions in Vietnam in 1966. He was credited with saving the lives of at least eight American Soldiers during an ambush. Baker's other awards include the Silver Star, the Bronze Star with valor and the Purple Heart. Right, Baker and his wife study the programs for last June's Drill Sergeant of the Year ceremony at the Solomon Center. Baker served as a drill sergeant during his career in the Army.

Photo by JAMES ARROWOOD, command photographer



In remembrance

Medal of Honor recipient Baker dies at 66

Leader Staff Report

Medal of Honor recipient, retired Master Sgt. John F. Baker Jr., died Jan. 20, in Columbia. Baker, a Northeast Columbia resident and loyal supporter of Fort Jackson, was 66.

A memorial service for Baker is scheduled for 1 p.m., Friday, at the Post Theater.

Baker, who had earned the nation's highest award for valor in combat for his heroic actions in Vietnam, regularly attended ceremonies and special events on post, along with his wife Donnell.

"We lost a true American hero who was a wonderful role model for all of us, said Maj. Gen. James Milano, Fort Jackson commanding general. "He exemplified the Army Values in all aspects of his life."

Baker, who was born Oct. 30, 1945, in Davenport, Iowa, received the Medal of Honor as a private first class with the 2nd Battalion, 27th Infantry Regiment, for actions after his unit was ambushed Nov. 5, 1966, in Vietnam. Baker saved the lives of eight of his comrades, while knocking out six Viet Cong machine-gun bunkers and killing 10 enemy soldiers.

According to Baker's citation, Baker's unit was en route

to assist another unit that was engaged with the Viet Cong. Baker's company came under intense fire and the point man was killed.

"Sgt. Baker immediately moved to the head of the column and together with another Soldier knocked out two enemy bunkers," the citation reads. "When his comrade was mortally wounded, Sgt. Baker, spotting four Viet Cong snipers, killed all of them, evacuated the fallen soldier and returned to lead repeated assaults against the enemy positions, killing several more Viet Cong."

Baker was not done risking his life, according to the citation.

"Moving to attack two additional enemy bunkers, he and another Soldier drew intense enemy fire and Sgt. Baker was blown from his feet by an enemy grenade," the citation reads. "He quickly recovered and single-handedly destroyed one bunker before the other Soldier was wounded. Seizing his fallen comrade's machine gun, Sgt. Baker charged through the deadly fusillade to silence the other bunker. He evacuated his comrade, replenished his ammunition and returned to the forefront to brave the enemy fire and continue the fight."

At that point, Baker continued rescuing comrades while still under fire. After he carried one wounded Soldier to the

rear, he returned to evacuate another Soldier, but was under fire by snipers. He then raced beyond the friendly troops to attack and kill the snipers, according to the citation's account of the fight.

"After evacuating the wounded man, he returned to cover the deployment of the unit. His ammunition now exhausted, he dragged two more of his fallen comrades to the rear," the citation reads.

Col. Drew Meyerowich, commander of the 193rd Infantry Brigade, is a former commander of the 2-27th and met Baker for the first time when he came to visit his Soldiers before deploying to Iraq. The two men forged a strong bond.

"I had to be the person to coordinate this memorial service for John Baker," Meyerowich said. "Five-foot-two John Baker was a giant. ... Once you got to know him, you realized he's exactly the giant we expect to see on the battle field. He was larger than life."

With Baker's death, Columbia has lost the second of its two Medal of Honor residents. The other resident was World War II hero Col. Charles P. Murray, also a beloved Fort Jackson supporter. Murray died Aug. 12. He was 89.

"Both of these heroes were great supporters of Fort Jackson," Milano said. "I feel fortunate to have known them."



Courtesy photo
Sgt. John Baker is awarded the Medal of Honor by Lyndon Johnson in 1968 as his company commander, Capt. Robert Foley, left, looks on.

Program offers real-world work experience to teens

By **THERESA O'HAGAN**

*Family and Morale,
Welfare and Recreation*

Finding a first job can be a daunting task for today's young people in an employment market in which the traditional "teen jobs" are not all that plentiful.

On Fort Jackson, teenagers can take advantage of a program that helps prepare them for the working world.

Since May 2009, Child, Youth and School Services, as part of the Army Family Covenant, has empowered more than 130 of Fort Jackson's youth, ages 15 to 18.

"As coordinator, my main objective is to mentally prepare the teens for their apprenticeship experiences," explained Cory Dwyer, acting workforce preparation specialist, HIRED! program. "HIRED! also prepares them for life after high school."

A parent orientation and youth interest meeting is scheduled for 6 p.m., Feb. 7 at the Youth Services Center.

HIRED! is an apprenticeship program in which teens are exposed to and experience different career fields by completing a 12-week apprenticeship with a Family and Morale, Welfare and Recreation activity.

Before placement with an FMWR mentor, the teens are required to complete six pre-requisite training sessions.

"After completing the prerequisites, the teens are then placed at a Family and

MWR facility where they will complete their 12-week apprenticeship experience," Dwyer said. "I try to explain to the teens that success is by choice and not by chance, and we make this decision every day by how we go about conducting our lives. So whatever you do, you need to do it to the best of your ability."

During the 12-week experience, the teens are required to commit to a 12- to 15-hour-a-week work schedule and attend weekly workforce preparation trainings. Training is usually held on Mondays. Upon completion of 180 hours during the 12-week term, and successfully attending the weekly workforce preparation training workshops, the teens qualify for cash rewards.

Qualified teens can work up to two terms per calendar year for a maximum of six total terms.

The HIRED! Apprenticeship Pro-

gram is a workforce-preparation and paid apprenticeship enterprise designed to meet the employment and career-exploration needs of teenagers, ages 15 to 18. The HIRED! Program also attends college tours.

To qualify for the program, teenagers must:

- ❑ Be the dependent of a Soldier (active or retired) or a DoD civilian (parents work on post).

- ❑ Be between the ages of 15 and 18 and currently in high school.

- ❑ Be currently registered with Child, Youth and School Services (free registration at Parent Outreach Services).

- ❑ Possess and maintain a 2.0 grade-point average or better.

- ❑ Complete the required six pre-requisite trainings, mock interview and a satisfactory local background check.

If interested, please contact the Fort Jackson HIRED! coordinator at 751-1136. For more information and HIRED! documents (criteria/checklist, application, and contract of understanding), visit <http://fortjacksonmwr.com/cyss/hired/>.



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Send all submissions to FJLeader@gmail.com or call 751-7045.



FMWR calendar

THURSDAY

- ❑ Visit **Century Lanes** for food, fun and bowling.

- ❑ **Victory Bingo**, 2 to 11 p.m.

- ❑ Sleepy Storytime at the **Post Library**, 6:30 to 7 p.m. Come in pajamas and go home ready for bed.

- ❑ **Magruder's Pub and Club** happy hour, 4:30 to 6:30 p.m. Appetizers are available, while they last.

FRIDAY

- ❑ Look what I can do, **Thomas Lee Hall Library**. Call 751-5589 for more information.

- ❑ Visit the **Officers' Club**, 11 a.m. to 1:30 p.m. for the seafood buffet.

- ❑ **Victory Bingo**, starts at 2 p.m.

- ❑ Dance to a variety of music provided by DJ Randall at **Magruder's Club**, 9 p.m. to 3 a.m. Magruder's Club is located in the back of Magruder's Pub. Cover charge is \$5 for civilians and \$3 for military. Every other Friday, sing along to Linda's Carraoke Karaoke. Be early for happy hour, 4:30 to 6:30 p.m. Appetizers are available, while they last.

- ❑ Every Friday is Artistic Expression with Jake at 6:30 p.m. in the Teen Room at the **Youth Services Center**.

SATURDAY

- ❑ **Victory Bingo**, starts at 1 p.m.

- ❑ Step Team practice, 2 p.m., dance room at the **Youth Services Center**.

- ❑ Classic Soul Saturday, 9:30 p.m. to 2 a.m., Excalibur Room at the **NCO Club**. Cover charge is \$5 for civilians and \$3 for military.

SUNDAY

- ❑ Try Hickory Bistro at the **Officers' Club**, 11 a.m. to 1:30 p.m. Get your favorite breakfast or lunch dishes at a new lower price.

- ❑ **Victory Bingo**, starts at 10 a.m.

- ❑ Every Sunday is Family Day at the **Youth Center**, 2-6 p.m.

WEDNESDAY

- ❑ Victory Readers Club, 6 to 8 p.m., **Post Library**.

- ❑ **4-H Club** meets 4 to 5 p.m. for grades 1-5. Call 751-1136 for information.

ONGOING OFFERS

- ❑ The Officers' Club specializes in wedding receptions, anniversaries, promotions and other special occasions. For more information, call 782-8761.

- ❑ The NCO Club breakfast buffet is 6 to 9 a.m., Monday through Friday. The cost is \$6.50 for adults and \$3.75 for children 4 to 10 years old. Lunch is 11 a.m. to 1:15 p.m. and is \$8 for adults.

- ❑ Child, Youth and School Services provides child care and youth programming on Saturdays at no cost for active-duty parents who must work to meet mission requirements. Others requiring care may sign up, but will pay the usual hourly rate. For more information, call 751-4865.

- ❑ The Officers' Club is open for lunch Tuesday through Friday, 11 a.m. to 1:30 p.m.

Preventing loss of vision starts with regular exams

By **MICHAEL D. PATTISON**
U.S. Army Public Health Command

January is National Glaucoma Awareness Month. It was set aside to help educate people on the leading cause of preventable blindness in the world. Glaucoma is a group of diseases that damage the optic nerve in the back of the eye and result in a loss of vision.

The biggest problem is that most people are usually not aware of any changes in their sight until they have lost around 40 percent of their total vision. This loss normally starts in the periphery or side vision and can progress to total blindness.

More than 2 million Americans have glaucoma, with approximately 120,000 being blind because of the condition. The troubling fact is that most experts estimate that half of those people are not even aware that they have it.

The best way to prevent significant vision loss from glaucoma is early detection through a periodic, comprehensive eye examination from an eye doctor.

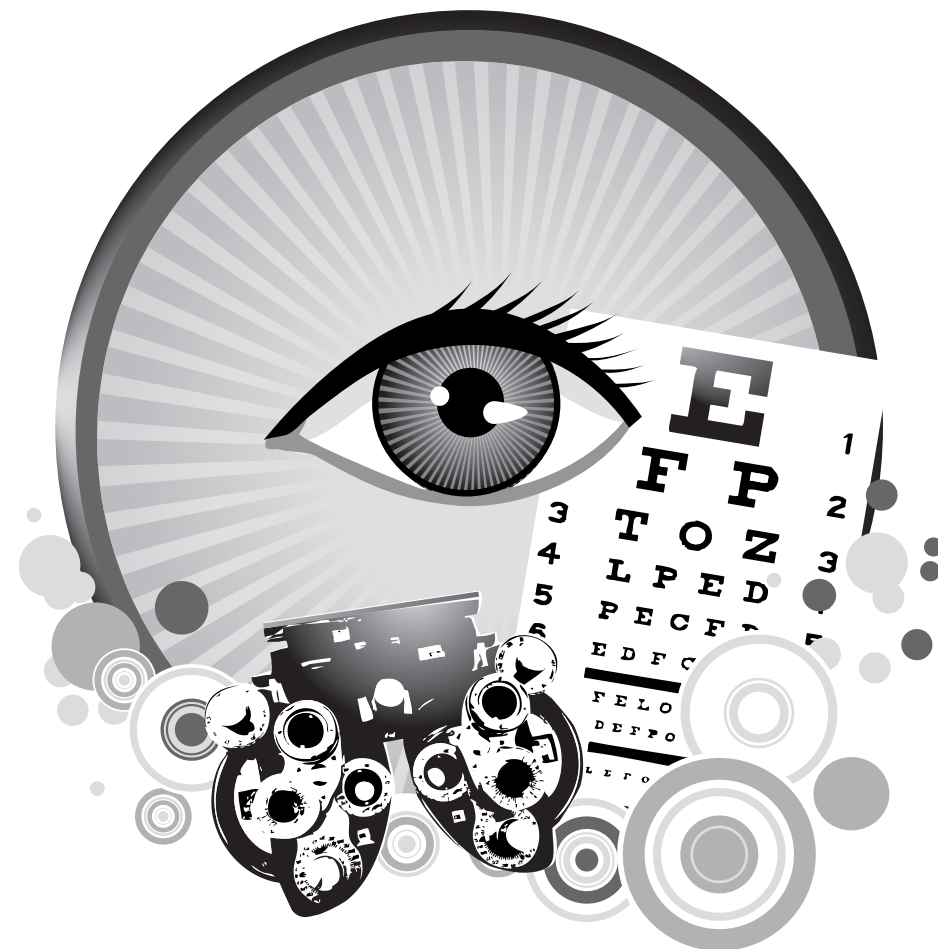
This is especially important in African-Americans, Hispanics, the elderly, and those with a family member who has glaucoma since these people are more likely to have glaucoma.

The frequency of examinations can be determined between the individual and his or her doctor. Those in higher risk groups can expect to be required to have an eye examination more regularly.

Vision screenings where only the pressure in the eyes is checked are not the same as a comprehensive eye exam.

High pressure in the eyes alone does not necessarily mean a person has glaucoma. Also, a person does not need to have high pressure in the eyes to have glaucoma. So, when you see an eye doctor, make sure that you ask for a comprehensive eye exam.

If you have glaucoma and it is detected early, treatments such as eye drops or sur-



gery can usually stop or slow the progression of vision loss.

Currently, there is no cure for glaucoma, although a lot of research is being done to find one. One important thing to know is that the vision loss caused by glaucoma does not revert with treatment. Any vision loss that has already occurred is permanent. Treatment only stops or reduces the rate of new vision loss, which is why periodic comprehensive eye examinations are so important.

Choosing an eye doctor with whom you are comfortable also is important because glaucoma, like high blood pressure and diabetes, is a disease which needs to be treated for life. Be willing to discuss any side ef-

fects or other symptoms you may be having because of medication, and make certain that you clearly understand and have written directions on how and when to take your medicine.

Do not be afraid to ask questions if you do not understand. For example, does four times a day mean every six hours or four times a day while awake? And make certain that you take your medicine as prescribed. If you cannot get your eye drops in your eye, get someone to help you or ask to be taught a better way.

Remember, the most important thing in preventing the loss of vision due to glaucoma is you. Your sight is a most precious gift. Take good care of it.

MACH UPDATES

FLU SHOTS

Seasonal flu shots are available to eligible beneficiaries 4 and older from 8 a.m. to 4 p.m., Monday through Friday, at the Immunization Clinic on the sixth floor of Moncrief Army Community Hospital. Children 3 and younger may be vaccinated at the Family Health Clinic on a walk-in basis.

REFILL PHARMACY

Moncrief Army Community Hospital Refill Pharmacy is located in the Exchange next to the UPS store. The Refill Pharmacy offers a 24-hour turnaround service. If prescriptions are called in before noon, they are ready for pick-up the following day after noon. All call-in medications are kept on the pick-up shelf for seven business days after they have been filled. After seven business days the medications are returned to stock.

To reprocess the medication, patients must call or come into the Exchange Refill Pharmacy to request the refill. The Refill Pharmacy hours of operation are: 9 a.m. to 6 p.m., Monday through Friday, and 9 a.m. to noon, Saturday. For automated call in refills, call 751-2250 or (866) 489-0950. For the patient refill help line, call 751-4609.

LASIK SURGERY

The MACH Ophthalmology Clinic offers pre-operative screening exams and post-operative care for Laser Refractive Surgery. The service is available to eligible active-duty Soldiers. The surgery will be conducted at Winn Army Community Hospital at Fort Stewart, Ga. To be eligible, Soldiers must have 18 months left of active-duty service. For more information, call 751-5406.

TRICARE PRIME ENROLLMENT

MACH currently has TRICARE Prime enrollment availability for active duty family members and retirees and their family members. Pediatric enrollment is also available. For more information, visit the TRICARE service center on the 10th floor.

WOMEN'S SUPPORT GROUP

A support group for family members of Soldiers dealing with substance abuse, post-traumatic stress disorder and conflicts meets 5 p.m., every Wednesday at MACH, Room 7-90. The purpose of the group is to provide support, education and encouragement and to address issues in a safe and confidential environment.

MEDICAL HOME ENROLLMENT

Moncrief Medical Home continues enrollment to all active duty family member beneficiaries in all zip codes within the Columbia area. Visit the Fort Jackson TRICARE Service Center on the 10th floor of the MACH and complete the TRICARE Prime Enrollment and PCM change form.



Watch Fort Jackson video news stories at <http://www.vimeo.com/user3022628>



Follow us on Twitter for breaking news at www.twitter.com/fortjacksonpao



Three ingredients in recipe for life

By **CHAPLAIN (MAJ.) ABDULLAH HULWE**
U.S. Army Chaplain Center and School

"Our Lord ! Give us good in this world and good in the hereafter, and guard us from the torment of the fire!" (Quran 2:201).

As we celebrate the New Year, our proper attitude toward life should be neither to renounce this world nor to be so engrossed in it as to forget our spiritual future. It is self-evident that the things that make life good are obviously not only wealth, career, status and good relationships with others, but also a few other ingredients.

The greatest ingredients of all are meaningful life, commitment and dynamic positive change.

In the end, the way we live our lives is shaped by the meanings we read into them. The question of the purpose of life is so fundamental that we can hardly know a person or society until we understand how such a question is answered or treated.

Holocaust survivor and famous psychiatrist Viktor Frankl, in his book, "Man's Search For Meaning," makes it clear that if one can provide man with a positive "why" to live, he or she will inevitably find a positive and productive "how" to live. But it cannot be just any "why." It must be

one that he or she finds compelling — rationally, intellectually, and spiritually.

Therefore, to solve this modern crisis of meaning, spirituality must be included as the cornerstone of one's life. This cannot be ignored. It seems to be our instinctive need so that we see our lives as meaningful.

Another ingredient in making life good is commitment to everything that we do. Sorrow and pain come when we leave our work unfinished and incomplete. Regardless of the type of job, one must try with everything within his or her power to complete it properly and accurately.

Finally, dynamic positive change can enhance our lives dramatically.

Theologian Howard Hendricks, in his book, "Teaching To Change Lives," throws a challenge out to every one of us:

"Write down somewhere in the margins on this page

your answer to this question: How have you changed ... lately? In the last week, let's say? Or the last month? The last year? Can you be very specific? Or must your answer be incredibly vague? You say you're growing. OK: how?

'Well,' you say, 'In all kinds of ways.'

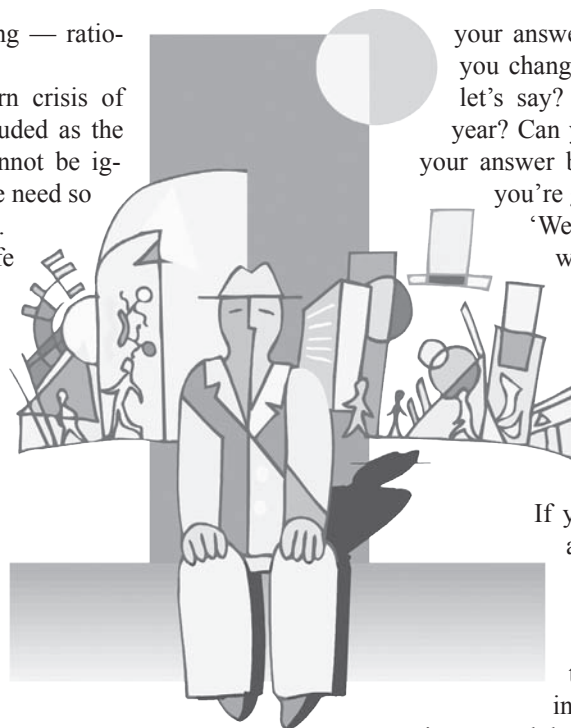
Great! Name one."

You see, successful living comes only through a changed person. The more you change, the more you become an instrument of change in the lives of others.

If you want to become a change agent, you also must change.

As you celebrate this New Year, remember to have the good of this life. Keep in mind the three crucial ingredients in your recipe, meaningful life,

commitment and dynamic positive change.
May God bless us all.



PROTESTANT

■ Sunday
9 a.m. McCrady Chapel (SCARNG), McCrady Training Center
9:30 a.m. Hispanic, Post Theater
9:30 a.m. Main Post Chapel
8:30 a.m. Daniel Circle Chapel Gospel service, Daniel Circle Chapel (first service)
10:15 a.m. Daniel Circle Chapel Gospel service, Daniel Circle Chapel (second service)
10:45 a.m. Sunday school, Main Post Chapel
11 a.m. Memorial Chapel
11 a.m. Chapel Next and Children's Church, Bayonet Chapel
■ Wednesday
6 p.m. Prayer service, Magruder Chapel

Protestant Bible Study

■ Sunday
9:30 a.m. Chapel Next Bible study, Bayonet Chapel
■ Monday
7 p.m. Women's Bible study (PWOC), Main Post Chapel
■ Tuesday
9:30 a.m. to noon Women's Bible study

(PWOC), Main Post Chapel
■ Wednesday
6 p.m. Gospel prayer service, Daniel Circle Chapel
7 p.m. Gospel Bible study, Daniel Circle Chapel
7 p.m. LDS scripture study, Anderson Street Chapel
11:30 a.m. to 12:45 p.m. Fresh Encounter Bible Study, Family Life and Resiliency Center (5460 Marion Ave., left of the POV lot)
■ Saturday
8 a.m. Men's prayer breakfast (PMOC), Main Post Chapel (every second Saturday of the month in the activity room)

Protestant Youth of the Chapel

■ Sunday
5 to 6:30 p.m. Club Beyond youth group, Main Post Chapel
■ Saturday
11 a.m. Daniel Circle Chapel youth group, Dorn VA Hospital (first Saturday of each month)

CATHOLIC

■ Monday through Thursday
11:30 a.m. Mass, Main Post Chapel
■ Sunday
9:30 a.m. CCD (September through May), Education Center
9:30 a.m. Religious ed class for adults (September through May), Main Post Chapel
9:30 a.m. Religious ed class for children (September through May), Main Post Chapel
10:30 a.m. Reconciliation (after Mass or by appointment), Main Post Chapel

11 a.m. Mass (Main Post Chapel)
12:30 p.m. Catholic youth ministry, Main Post Chapel
7 p.m. Women's scripture study, Main Post Chapel

■ Wednesday
7 p.m. Rosary, Main Post Chapel
7:30 p.m. RCIA/Adult inquiry (September through May), Main Post Chapel
■ Friday
11:30 a.m. Ladies of the parish, Main Post Chapel (first Friday of each month)

ANGLICAN/LITURGICAL

■ Sunday
8 a.m. Anderson Street Chapel

ISLAMIC

■ Sunday
8 to 10 a.m. Islamic studies, Main Post Chapel
■ Friday
1 to 2 p.m. Jumrah services, Main Post Chapel

JEWISH

■ Sunday
9:30 to 10:30 a.m. Worship service, Memorial Chapel
10:30 to 11:30 a.m. Jewish book study, Post Conference Room

LATTER DAY SAINTS

■ Sunday
9:30 to 11 a.m. Anderson Street Chapel

■ Thursday
7 to 8 p.m. LDS scripture study, Anderson Street Chapel

CHURCH OF CHRIST

■ Sunday
11:30 a.m. Anderson Street Chapel

ADDRESSES, PHONE NUMBERS

Anderson Street Chapel
2335 Anderson St., corner of Jackson Boulevard, 751-7032
Bayonet Chapel
9476 Kemper St., 751-6322/4542
Daniel Circle Chapel
3359 Daniel Circle, corner of Jackson Boulevard, 751-1297/4478
Education Center
4581 Scales Ave.
Family Life Chapel
4580 Scales Ave., corner of Strom Thurmond Boulevard (inside of Main Post Chapel), 751-5780
Magruder Chapel
4360 Magruder Ave., 751-3883
Main Post Chapel
4580 Scales Ave., corner of Strom Thurmond Boulevard, 751-6469/6681
McCrady Chapel (SCARNG)
3820 McCrady Road (located at McCrady Training Center)
Memorial Chapel
4470 Jackson Blvd., 751-7324
Warrior Chapel (120th AG Bn.)
1895 Washington St., 751-5086/7427
Installation Chaplain's Office
4475 Gregg St., 751-3121/6318

Leader deadlines

Article submissions are due two weeks before publication.

For example, an article for the Feb. 9 Leader must be submitted by today.

Announcement submissions are due one week before publication.

For example, an announcement for

the Feb. 9 Leader must be submitted by Feb. 2.

The Leader welcomes timely submissions.

Send your submissions to FjLeader@gmail.com.

For more information, call 751-7045.



Wounded warrior Paralympics bound

By **MICHAEL MOLINARO**
U.S. Army Marksmanship Unit

COLORADO SPRINGS — Showcasing courage, determination and inspiration, USA Shooting has announced the nomination of Sgt. 1st Class Josh Olson of the U.S. Army Marksmanship Unit to the 2012 U.S. Paralympic Team contingent on the approval of the U.S. Olympic Committee.

Olson is the first active-duty Soldier to be nominated for the Paralympic Games and first active-duty service member to be nominated to compete in shooting sports at the games.

Olson qualified for the team based on the International Paralympic Committee's two-part qualification system for the London 2012 Paralympic Games. On Jan. 15, the IPC announced that the U.S. earned a second participation slot per the minimum qualifying score allocations.

At the 2011 IPC World Cup in Sydney, Australia, Olson finished sixth in R3 (Mixed 10-meter Air Rifle Prone). Earlier that year, he finished seventh in R6 (Mixed 50m Rifle Prone) at the IPC World Cup Alicante and eighth in R6 at the IPC World Cup USA held on Fort Benning, Ga.

Deployed to Iraq in 2003 with 1st Battalion, 187th Infantry Regiment, 101st Airborne Division (Air Assault), Olson was struck with a rocket-propelled grenade while on patrol, resulting in the loss of his right leg from the hip down. After spending 18 months at Walter Reed Army Medical Center, Olson received his assignment to the USAMU.

During his time at the USAMU, Olson has become a pioneer and advocate for wounded warriors. He has led the effort to establish a Paralympic team at the unit, enabling wounded warriors deemed able to continue to serve on active duty to showcase the Army in support of recruiting and accessions while enhancing its overall combat readiness through the unit's robust marksmanship training program.

"Sgt. 1st Class Olson is a trailblazer for our Army," said Lt. Col. Dan Hodne, commander, USAMU. "His unique Army story speaks volumes of the notion of 'ability' rather than 'disability,' and exemplifies professional



Photo by MICHAEL MOLINARO, U.S. Army Marksmanship Unit

Sgt. 1st Class Josh Olson of the U.S. Army Marksmanship Unit trains for the 2012 U.S. Paralympic Team. Olson, who lost a leg in Iraq, is the first Soldier nominated to participate in the Paralympics.

Soldiers who all must be 'Army Strong.'"

Olson is also heavily involved with "Operation Proper Exit," where he aids other veterans recovering from injuries sustained during combat by visiting their place of injury in Iraq. In honor of his service and dedication to the country, Olson was awarded the Purple Heart from former President George W. Bush.

This is Olson's first Paralympic Games nomination — he just missed the threshold in 2008, but has been a member of the National Paralympic Team for five years.

"I want to thank my family and friends for all the support, understanding and sacrifice; my coaches for the instruction and world-class mentorship; and finally, the U.S. Army for providing the opportunity to continue to serve and represent the USA on the world stage," Olson said.

Consideration for the expansion of the U.S. Army Marksmanship Unit for wounded warriors deemed able to continue to serve on active duty as marksmanship instructors and Paralympic shooters or instructors is currently ongoing as part of the Army's "Total Army Analysis."

Sports shorts

DARTS LETTERS OF INTENT DUE

Letters of intent for intramural and recreational darts are due today. The season is scheduled to begin Feb. 2. League play will be 5:30 p.m., Thursdays at Magruder's Pub. For more information, call 751-3096.

SWIM MEET SCHEDULED

A swim meet is scheduled for 8 a.m., Feb. 4 at Knight Pool. The registration deadline for names and events is Tuesday. The events offered are 50 and 100 free-style, breaststroke, butterfly and backstroke. In addition, two relay events, free-style and medley, are on tap. Each Soldier can participate in two individual events and one relay.

For more information about intramural sports, contact the Sports Office at 751-3096.



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